Cardiovascular Endurance

Name:

What is does the cardiovascular system consist of?

**Vocabulary**

Duration –

Frequency –

Intensity –

Aerobic-

Anaerobic-

What is your target heart rate?

How frequent should you exercise during a week?

How long should each exercise last?

What intensity range should you be in to burn calories?

What are the two types of stretching?

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When should you use these types of stretching?